

# Pride In Me

**COPPER** KNOB  
BY STEPHEN MITCHELL

拍数: 64                      墙数: 2                      级数: Intermediate  
编舞者: Kate Sala (UK) & Craig Bennett (UK) - July 2013  
音乐: Pride - Leanne Mitchell



**Intro: Start after 16 counts.**

**Walk Forward x2, Mambo Step, Walk Back x2, Sailor 1/4 Turn Left With Cross Step.**

1-2                      Walk forward on R, L.  
3&4                      Rock forward on R. Recover on to L. Step back on R.  
5-6                      Walk back on L, R.  
7&8                      Cross step L behind R. Turn 1/4 left stepping small step right, Cross step L over R. 9 o'clock

**Side Rock, Recover. Sailor Step 3/4 Turn Right, Step Pivot 1/2 Turn Right, Heel Switches x2.**

1-2                      Side Rock out to right side on R. Recover on to L.  
3&4                      Cross step R behind L making 1/4 turn right. Turn 1/4 right stepping L in place. Turn 1/4 right stepping forward on R.  
5-6                      Step forward on L. Pivot 1/2 turn right. 12 o'clock  
7&8                      Dig L heel forward. Step L next to R. Dig R heel forward.

**Ball Cross, Side Switches Right & Left, Kick Forward & Rock, Recover, Coaster Step.**

&1                      Step down on ball of R. Cross step L over R.  
2&3                      Point R out to right side. Step R next to L. Point L out to L side.  
4&                      Kick L foot forward. Step down on L.  
5-6                      Rock forward on R. Recover on to L.  
7&8                      Step back on R. Step L next to R. Step forward on R.

**Step, Swivel 1/2 Turn Right, Swivel 1/2 Turn Left, Turn 1/4 Left Stepping Right, Left & Right Sailor Step.**

1-2                      Step forward on L. Swivel heels left making 1/2 turn right.  
3-4                      Swivel heels right making 1/2 turn left,(Weight on L). Turn 1/4 left stepping R to right side. 9 o'clock  
5&6                      Cross step L behind R. Small step R to right side. Step L in place.  
7&8                      Cross step R behind L. Small step L to left side. Step R in place.

**Hold, Step Together, Chasse Right, Together, Cross, Turn 1/2 Right, Chasse Right.**

1&                      Hold for 1 count, Step L next to R.  
2&3                      Step R to right side. Step L next to R. Step R to right side.  
4                      Step L next to R.

**\*Restart on Wall 2**

5-6                      Cross step R over L. Turn 1/4 right stepping back on L.  
7&8                      Turn 1/4 right stepping R to right side. Step L next to R. Step R to right side.

**Cross Rock, Recover, Step Left, Drag, Ball Cross, Turn 1/4 Left Stepping Back On R, L. Turn 1/4 Right & Side Touch, Turn 1/4 Left Stepping In Place.**

1&2                      Cross rock on L over R. Recover on to R. Long step L to left side.  
3&4                      Drag R in towards L. Step down on ball of R. Cross step L over R.  
5-6                      Turn 1/4 left stepping back on R. Step back on L.  
&7-8                      Turn 1/4 right stepping R in place. Touch L toe out to left side. Turn 1/4 left stepping forward on L.

**Step, Pivot 1/2 Turn, Cross Mambo In Front, Cross Mambo Behind, Cross Step, Unwind 1/2 Turn Left.**

1-2                      Step forward on R. Pivot 1/2 turn left.  
3&4                      Cross rock on R over L. Recover on to L. Step R to right side.

5&6 Cross rock on L behind R. Recover on to R. Step L to left side.  
7-8 Cross step R over L. Unwind 1/2 turn left. 12 o'clock

**Step, Turn 1/2 Right, Coaster Step, Step, Turn 1/2 Left, Shuffle 1/2 Turn Left.**

1-2 Step forward on R. Turn 1/2 right stepping back on L.  
3&4 Step back on R. Step L next to R. Step forward on R. 6 o'clock  
5-6 Step forward on L. Turn 1/2 left stepping back on R.  
7&8 Shuffle 1/2 turn left stepping on L, R, L. 6 o'clock

**Start Again. Enjoy!**

**\*Restart: after 36 counts during Wall 2, facing 3 o'clock wall. Restart from the beginning of the dance.**

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